

IINHUB

Webinar Schedule

January

Grow Your Business Webinar

Vicky Shilling

How to plan your wellness business goals – and achieve them!

Jan 10th, 7pm

Guest Speaker Webinar

Martin Healy

Fitzwilliam Food Test

Jan 18th, 10am

Mentoring and Q&A Session

Richard & Ciara

Welcome – Live Q&A session

Jan 23rd, 7pm

Nutrition News Review

Richard Burton

Richard to review new nutrition news

February

Guest Speaker Webinar

Lyda Borgsteijn

Exercise & Sports Nutrition

Feb 13th 7pm

Coaching Skills Webinar

Jo Sayers

Managing your Personal Boundaries

Feb 20th, 11am

Mentoring and Q&A Session

Richard & Ciara

Live Q&A session

Feb 27th, 7pm

Nutrition News Review

Vicky Shilling

Blog post
Topic: Setting Up Wellness Business

March

Self Care Webinar

Julia Sweetman

Intro to Mindfulness

March 12th, 7pm

Guest Speaker Webinar

Dr Christine Ritter

Perimenopause form a GPs perspective

March 19th, 8pm

Mentoring and Q&A Session

Richard & Ciara

Live Q&A session

March 26th

Nutrition News Review

Chen Murphy

Video
Topic: Research